

A photograph of a person's legs sticking out of a car window. They are wearing white sneakers with red and blue stripes. The car is moving on a road, with a blurred background of trees and a clear sky.

# Facets

April 2013

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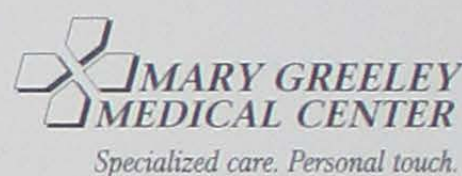
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# Facets

**Facet** - n. 1. One of the flat surfaces cut on a gemstone.  
2. The particular angle from which something is considered.



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We're looking for Story County residents to appear as models in future issues. No previous modeling experience is required. Contact us at [www.facebook.com/facets](http://www.facebook.com/facets) magazine if you're interested.

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## ON THE COVER

Enjoy the fresh air of spring and travel to one of the prime Iowa destinations featured in April's edition of Facets — Le Mars, Pomeroy, Villisca, the High Trestle Bridge and Pella. Photo by ThinkStock

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# Get moving

**W**e humans often say we hibernate for the winter. Like bears, we do not leave our dens (except when required) when the days get shorter and temperatures dip closer to freezing.

When bears emerge in the spring, it's after months of surviving off stored body fat, then a few weeks of "walking hibernation" during which they voluntarily eat and drink less, according to bear.org.

We humans, on the other hand, come out of our caves after consuming Thanksgiving turkeys, Christmas cookies, New Year's cocktails and Valentine's chocolates. Like bears, most of us waited out the season with lower heart and metabolic rates, but only because we took refuge from the cold wind, ice and snow on our sofa with a warm blanket.

For bears and humans, spring is the time to get moving again.

I do not know much more about diet and fitness than I do about bears, which is not a lot.

A year ago, however, I was 31 years old, 5-foot-9 and 230 pounds. I wasn't hiding in my cave just because it was winter, but because I was unhappy with the weight I had gained in the year leading up to it.

I don't want to call it a New Year's Resolution, but I had decided before last spring, that I was going to lose 60 pounds. When spring arrived, the warmer air and brighter days gave me the boost of energy I needed to get started.

I shed 30 pounds between March and June; the other 30 pounds I lost slower, but without regaining.

A year later, I am excited to buy new spring and summer clothing that is two top sizes and



JENNIFER MEYER

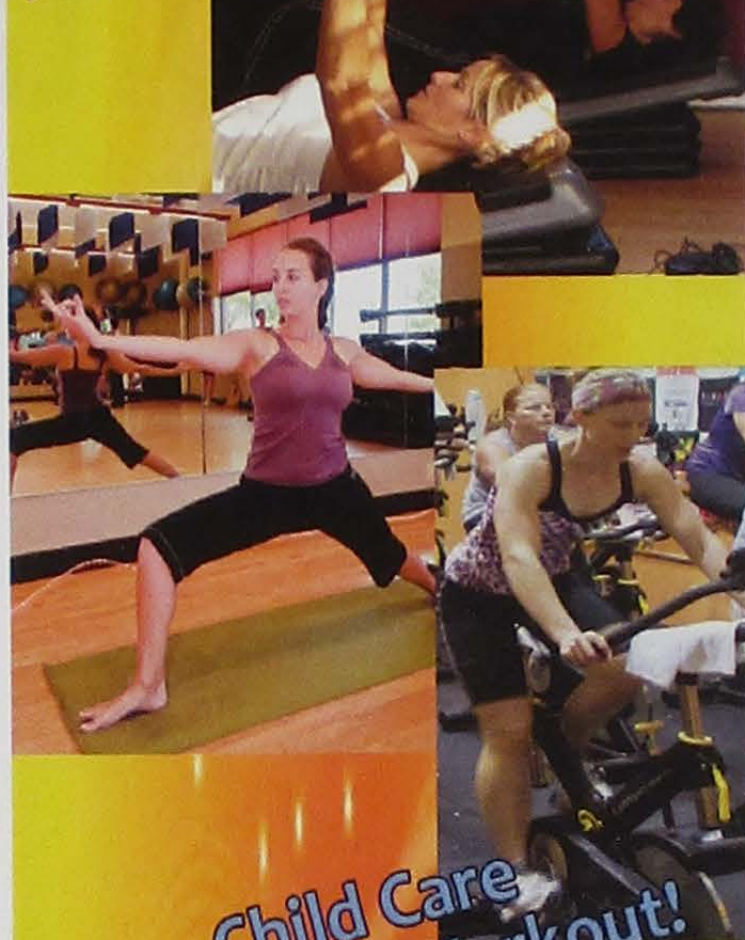
almost three pants sizes smaller. And, having accomplished my goal to lose 60 pounds, I am excited to get to work on a new goal geared more around muscle toning than pure weight loss.

When you come out of your cave this spring, take an area day trip or weekend road trip to any of the unique sites featured in this issue of Facets, and remember — spring is also an opportunity to get moving again by taking a walk around the block or riding on a local bicycle trail. ♦

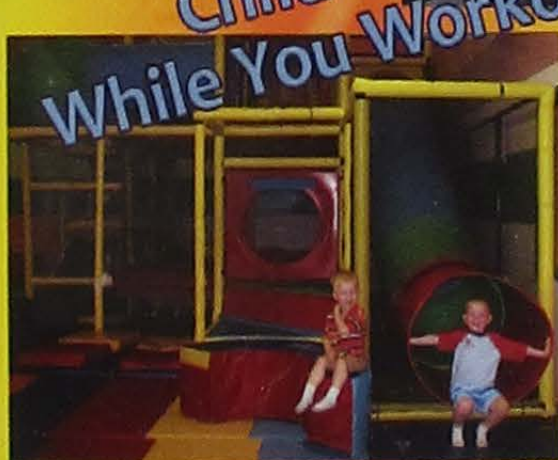
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## Le Mars

# I scream, you scream, we all scream for (the) ice cream capital of the world

BY ROXANNE DASS

If you love ice cream, then you should visit the Ice Cream Capital of the World. And it's only a short drive from Ames.

In 1994, Rep. Ralph Klemme (R-Le Mars) introduced a resolution in the Iowa House, designating Le Mars the Ice Cream Capital of the World. The resolution passed both houses of the Iowa Legislature.

How did Le Mars get the honored distinction of ice cream capital? Wells Dairy makes Blue Bunny brand ice cream and produces more in Le Mars than any other location in the world, averaging more than 250,000 gallons of ice cream per day.

The Blue Bunny Ice Cream Parlor and Museum is located in the heart of the Le Mars business district. Housed in the historical George E. Pew building, the parlor features a menu including cones, cups, malts, shakes, sundaes, sodas, phosphates, banana splits and ice cream cake.

The museum also treats visitors to historical photos, interactive kiosks and exhibits that highlight the Wells company history.

There's even more ice cream fun around town, said Jessica Lingren, manager of the Le Mars Convention and Visitors Bureau.

"One of the newest public art installations we have features 59 ice cream cone sculptures that were decorated by local artists scattered through town," Lingren said. "Visitors like to stroll through town and try to find all 59 sculptures."

In addition to the ice cream attractions, Lingren said the Plymouth County Historical Museum is a big draw for visitors. The five-floor museum features photos and cultural pieces highlighting the history of the county.

"Le Mars lives up to the saying 'the sweetest place on earth,'" Lingren said.

For more information on Le Mars, visit [www.lemarsiowa.com](http://www.lemarsiowa.com)

For more information on the Blue Bunny

Ice Cream Parlor and Museum, visit [www.wellsenterprisesinc.com/Parlor-Museum](http://www.wellsenterprisesinc.com/Parlor-Museum). ♦

### Blue Bunny Ice Cream Parlor and Museum

Address: 115 Central Ave. NW, Le Mars

Miles from Ames: 188 miles

Cost: Museum — Free;  
Menu items vary

#### Hours:

April 1 to Sept. 30  
Monday through Saturday 9 a.m. to 10 p.m.; Sunday Noon to 10 p.m.

Oct. 1 to March 31  
Monday through Saturday 10 a.m. to 9 p.m.; Sunday Noon to 9 p.m.



Photo by  
Dorothy Linn,  
Le Mars  
Chamber of  
Commerce



## Pomeroy



Leonard Olson, owner of The Kaleidoscope Factory and founder of the College of Leonard, encourages creativity in visitors and residents alike in Pomeroy. Photo by Geoff Schumacher/Facets

# Creative appeal

BY CAROLINE NICHOLS

Pomeroy's population of only 662 residents deceives its creative appeal. The College of Leonard, a "folk school" focused on fostering the creative spirit of both young and old, is nestled in the community's downtown.

Leonard Olson borrowed the concept from Colorado Free University, and founded the college in 2007 after seeing how much people enjoyed making kaleidoscopes at his store, The Kaleidoscope Factory.

"Creativity is an important part of our lives. Sitting in a chair all the time will cause your muscles to atrophy and your joints to stiffen," he said. "Your brain needs exercise just as much (as your body) to stay flexible and adapt to new situations. The best thing about creativity is, you can't use it up — the more you use, the more you have."

Olson takes this excitement into the classroom, where you can build kaleidoscopes, wooden benches, jewelry, bricks and most recently, a computer.

"I'm always looking for new and different outlets to help people to grow their dendrites," Olson said. "I taught myself programming on a Commodore 64 and I see the Raspberry Pi as a return to the days when

### College of Leonard

Address: 106 S. Main St., Pomeroy

Miles from Ames: 91

Cost: Activities range from \$2 to \$48

Hours: 10 a.m. to 5 p.m.

Website: [www.collegeofleonard.com](http://www.collegeofleonard.com)

kids were tempted to learn programming on their own because of the command prompt that greeted them at boot up."

Olson estimates the College of Leonard hosts more than six 50-passenger tour buses every year.

"In 2012, tourists from 32 states and 11 foreign countries came through the Kaleidoscope Factory and most get at least an informal demonstration on how to make kaleidoscopes," Olson said.

Groups, including 4-H, Girl Scouts and Red Hat Ladies, make up the rest of the student body.

If you are in the area, a bar called Byron's offers live music and an eclectic atmosphere. ♦

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## Villisca

*nice, quiet town  
known for*

**AX MURDER**  
house

BY ROXANNE DASS

Gayle Heard, treasurer of the Villisca Chamber of Commerce, describes the southwest Iowa city of Villisca as a nice, quiet and clean little town. But the quaint rural community is more commonly known for its gruesome Villisca Ax Murder House.

On June 10, 1912, the family of Josiah B. Moore and two overnight guests were brutally murdered with an ax by a person who remains unknown almost a century later. The dead included Moore, his wife, Sarah, their four children, Herman, Katherine, Boyd and Paul, and two friends of the children, Lena and Ina Stillinger.

In 1994, Darwin Linn, of Corning, purchased the house, though he waited two years before telling his wife, Martha.

"There were rumors the house was going to be torn down and Darwin didn't want to see that happen," Martha said. "We used to have a heritage museum and included the house as part of the tour."

A group of paranormal investigators conducted an investigation at the house, and the house's popularity grew with their findings of unusual activity.

"It just took off like gangbusters," Martha said. "I think part of the appeal was because it all happened at the height of paranormal popularity and because the murder is still unsolved 100 years later."



Visitors from across the United States and overseas come to tour the home. More paranormal teams, including the Ghost Adventures Crew of Travel Channel fame, came to find more evidence of ghosts and spirits. Visitors and investigators report hearing children's voices and seeing falling lamps, moving ladders and flying objects.

The Villisca area also boasts activities of this world, including a nine-hole golf course, camping and water sports at Viking Lake and several county parks. The neighboring communities of Clarinda and Shenandoah are home to famed musicians Glenn Miller and the Everly Brothers.

"You can make a nice weekend out of visiting Villisca and some of the surrounding communities," Heard said.

For more information on the Villisca Ax Murder House, visit [www.villiscaiowa.com](http://www.villiscaiowa.com).

### Villisca Ax Murder House

**Address:** 508 E. Second St., Villisca

**Miles from Ames:** 147

**Cost:** Children 6 and under — free; children ages 7 to 11 — \$5; ages 12 to 64 — \$10; 65 and older — \$5; overnight stays — \$428 for groups of 4 to 6 people (\$70 each additional person)

**Hours:** Open March 1 to Nov. 1; Day Tours: Tuesday to Sunday: 1 to 4 p.m.; Overnight stays: Book in advance

Photo by Dorothy Linn, Le Mars Chamber of Commerce



## High Trestle Bridge

# More than LOVELY LANDSCAPES

Photo by Annie Barbour/Facets



Photo contributed by Flat Tire Lounge

### Flat Tire Lounge

**Address:** 304 South Madison St., Madrid

**Miles from Ames:** 21

**Cost:** Varies

**Hours:** Monday - Wednesday 2 p.m. to 11 p.m.; Thursday - Friday 2 p.m. to 2 a.m.; Saturday - Sunday 8 a.m. to 2 a.m.

**Website:** flattirelounge.com

### The Radish

**Address:** 304 South Madison St., Madrid

**Miles from Ames:** 21

**Cost:** Varies

**Hours:** Open May through October; Friday 5:30 p.m. to midnight; Saturday - Sunday 10 a.m. to midnight

Less than 30 miles from Ames, a lively day of biking awaits.

The 13-story, nearly half-mile long High Trestle Bridge overlooks the scenic Des Moines River Valley and is part of the 25-mile paved trail running from Madrid to Ankeny. Put the bike rack to good use, and park at one of five nearby trailheads in Slater, Sheldahl, Madrid, Woodward or Ankeny.

After your ride, stop at the Flat Tire Lounge, conveniently located right off of the trail in Madrid, where you'll enjoy a friendly crew, great drinks and a spacious patio. During summer months, The Radish, a restaurant in Grimes, amps up the stop with tasty food hot off the trail-side grill. ♦



BY CAROLINE NICHOLS

**N**amed "Tourism Community of the Year" by the State of Iowa, Pella has become a destination for families, travelers and anyone craving delicious Dutch treats.

Each May during the annual Tulip Festival, Jaarsma Bakery sells about 47,000 flaky pastries in the shape of an "S," called Dutch letters.

The bakery is popular throughout the year, with success dating back to the original Dutch recipes Harmon Jaarsma brought as an immigrant in 1898. Harmon's great-granddaughter, Kristi Balk, and her husband, Dave, are continuing the tradition.

"Our specialty is Dutch pastries," Kristi Balk said. "We've been family-owned for four generations and still use the original recipes from the Netherlands. We make all our products from scratch and don't use preservatives."

Pella is known for its bakeries and meat markets, Balk said, and the city regularly attracts a variety of people.

"It's just known as a place where people congregate," she said, "so political figures come through and want to stop here."

The line of pastries, breads and cookies generates enough positive word of mouth that the Balks do not have to worry about advertising.

"Our name just gets out there with the reputation of great pastries," she said. "We also have a lot of Internet sales. People will buy and send products as gifts and then the people who received them will buy."

You could enjoy the taste of an almond crispy at home in your easy chair, but visiting the bakery offers a unique experience. It is located in the quaint downtown square, where you can grab a cup of coffee and one of the famous Dutch letters before exploring the shops and the sights of Pella. The Klokkenspel, Molengracht and Vermeer Windmill are all within walking distance. ♦



The Vermeer Windmill, located in the Historical Village, is the tallest working windmill in the United States. Photo by Jeanette Vaughan/Special to Facets

"Our specialty is Dutch pastries. We've been family-owned for four generations and still use the original recipes from the Netherlands."

— Kristi Balk, owner of Jaarsma Bakery



# Pastries + tulip time + wooden shoes ... what's not to love?

Visiting the bakery offers a unique experience. It is located in the quaint downtown square, where you can grab a cup of coffee and one of the famous Dutch letters before exploring the shops and the sights of Pella.

## Jaarsma Bakery

**Address:** 727 Franklin St., Pella

**Miles from Ames:** 74

**Cost:** \$3 to \$10

**Hours:** 6 a.m. to 6 p.m. Monday through Saturday, closed Sundays



Photo courtesy of Jaarsma Bakery

## save the date

Tulip Time began in Pella in 1935 to embrace the community's rich Dutch heritage, and has since evolved into a highly anticipated Iowa celebration. For more information, visit [www.pellatuliptime.com](http://www.pellatuliptime.com)

### Tulip Time

May 2, 3 and 4

**Miles from Ames:** 74 miles

**Cost:** Free to attend

**Hours:** Thursday, Friday and Saturday, 7 a.m. to 10 p.m. Various events happening throughout the weekend.

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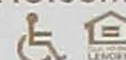
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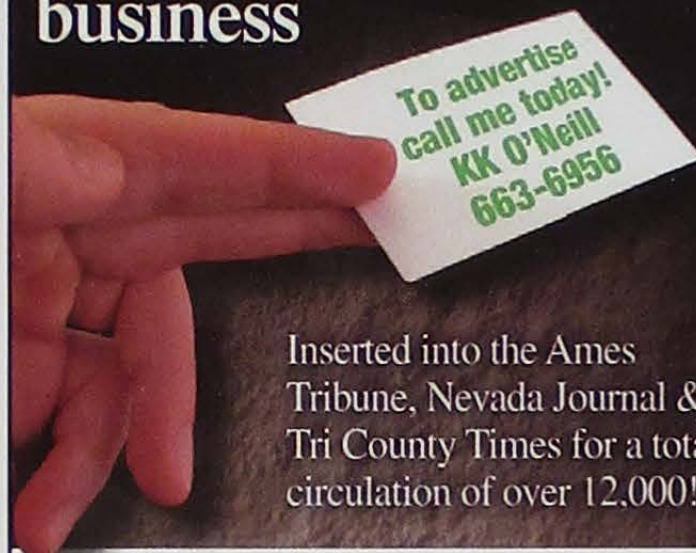


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# Think



Photos by Amy  
Vinchattle/Facets

Necklace: Tres' Chic \$34

White Jean Jacket:  
Simon-Chang \$114

Dress: Tribal \$88

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# spring style



## THE LOFT

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Necklace: Denim Cloth \$16

Purse: Converse \$11

Jacket: Eddie Bauer \$13.25

Dress: Alyn Paige \$15.25

Shoes: Rocketdog, \$13.25

## FASHION FORWARD

**I**t's time to take a cue from the long-awaited singing birds: Spring has arrived. Pack away those woolen sweaters, drab colors and knit scarves. Bring out bright colors, fun prints and airy accessories. Take a fashionable hint from local clothing stores: It's time to think spring. ♦



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# Try walnuts for *on-the-go* wellness

BY AMY CLARK

If you are looking for a delicious, nutritious and convenient snack to survive business travel or vacation, walnuts are the perfect choice.



AMY CLARK

## THE NUTRITION FACTS

Walnuts have a unique fat profile compared with other nuts. While most nuts contain heart-healthy monounsaturated fats, walnuts mostly contain heart-healthy polyunsaturated fats, including the essential alpha-linolenic omega-3 fatty acid. Just an ounce of walnuts provides 2.5 grams of alpha-linolenic acids, meeting the daily recommendation. This high-fat, high-energy food is also a good source of protein, potas-

sium, phosphorus and magnesium.

## HEALTH BENEFITS


- **Heart health:** A Harvard School of Health study published in the 2009 American Journal of Clinical Nutrition concluded that heart-healthy diets supplemented with walnuts may help improve cardiovascular risk factors, specifically lowering total cholesterol and LDL (bad) cholesterol. Including walnuts in the diet may also decrease inflammation and oxidative stress due to the high antioxidant content.

The U.S. Food and Drug Administration approved a health claim for walnuts in March of 2004 stating: "Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet, and not resulting in increased caloric intake may reduce the risk of coronary heart disease."

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## Walnut-ty Trail Mix

Yield 3 cups

### INGREDIENTS

- 1 cup walnut halves
- ½ cup unsalted pumpkin seeds
- ½ cup dried cranberries
- ½ cup chopped dried apricots
- ½ cup dark chocolate chips

### DIRECTIONS

1. Preheat oven to 350 degrees
  2. Arrange walnuts in a single layer on a large rimmed baking sheet. Bake in the center of oven until fragrant and toasted, about 8 to 10 minutes. Let cool.
  3. In a large container, combine toasted walnuts with pumpkin seeds, dried cranberries, dried apricots and dark chocolate chips.
  4. Store in an airtight container for up to 5 days.
- Nutritional information per serving (1/4 cup): 160 calories, 11 grams fat, 3 grams saturated fat, 0 mg cholesterol, 5 mg sodium, 16 grams carbohydrate, 2 grams fiber, 4 grams protein. Good source of manganese, phosphorus and Vitamin E.

• **Diabetes:** According to a Harvard study that focused on nut and peanut butter consumption and type 2 diabetes risk, women who ate one-ounce portions of nuts, such as walnuts or peanut butter, five times or more per week may lower risk of developing type 2 diabetes compared with women who rarely or never ate nuts.

• **Weight management:** Controlling appetite is key to weight management. Walnuts are the perfect choice for curbing appetite since they are an excellent source of heart-healthy fat and a good source of fiber and protein. One ounce is all that's needed, so portion control is key. Try counting out 14 walnut halves and place them in snack-size bags to keep portion sizes in check. Researchers noted in many studies that participants did not gain weight when walnuts were substituted for other fats in reduced-calorie diets.

### USE & STORAGE

• Mix dried fruit and walnuts together for a simple snack.

• Add chopped walnuts to the top of a vegetable pizza.

- Toss chopped walnuts in a salad with blueberries, strawberries, feta cheese and a light vinaigrette.
- Sprinkle walnut halves on oatmeal.
- Include walnuts in muffin recipes.
- Make a yogurt parfait with chopped walnuts and fresh berries.
- Coat fish or poultry with chopped walnuts and herbs.

• Include walnuts in side dishes such as brown rice, quinoa or couscous.

• Top pasta dishes with walnuts.

For optimal flavor and freshness, store walnuts in an airtight container in the refrigerator. If storing them longer than one month, place in the freezer. ♦

*Amy Clark earned a bachelor's degree in nutrition and dietetics from Iowa State University in 2003. She is a member of the American Dietetic Association and received a certificate in adult weight management in November 2006. Contact her at 1013Dietician@hy-veecom*

## WALNUTS BY THE NUMBERS

One ounce or about 1/4 cup (14 halves): 190 calories, 18 grams total fat, 1.5 grams saturated fat, 0 grams trans fat, 2.5 grams monounsaturated fat, 13 grams polyunsaturated fat, 1 mg sodium, 125 mg potassium, 4 grams total carbohydrate, 2 grams fiber, 4 g protein. NuVal™ Nutritional Scoring System Score: 82 out of 100 (higher the NuVal™ Score, the better the nutrition).

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I've used Geisinger Construction's team on other remodeling projects. They even helped me rescue my old garage and make it look practically new again. Oren and his "guys" are always so pleasant – they make you feel as if your project is the most important one they have going. They work fast and coordinate the electrical and plumbing with the construction work so there isn't any wasted time.

My kitchen remodel was a complete gut-to-the-studs, and I think they did it all in about four weeks. When you're working on an old house like mine, none of the walls are square and remodeling can be a real headache. Oren had some interesting challenges, like figuring out how to level the porch floor. But I love what his team did and love to show off my beautiful new space.



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# Focus on life: Go against the grain

BY KAREN PETERSEN

**W**all Street portrays investing as fun, exciting and full of many transactions.

If you believe that, as a savvy investor, you might wake up and quickly scan The Wall Street Journal for signs of economic change, check the Internet to see if futures are up or down, calculate the value of your portfolio and anticipate a call from your broker with a limited-time investment opportunity.

Most of us non-Wall Street-savvy investors, however, wake up to deadlines, raising children, building careers and learning new technologies.

Living life takes our time and energy. It is easy to put off dealing with our future financial goals, especially when building and maintaining a successful portfolio seems a daunting task.

Go against the grain. If you follow these three fundamental principles you will be able to ignore Wall Street and focus on life:

## 1. ASSET ALLOCATION

Asset allocation is a combination of stocks, bonds and cash. Your asset allocation should be designed to achieve your personal long-term financial goals with the least risk.

## 2. EARN THE STOCK MARKET AVERAGE

The stock portion of your portfolio should perform like the market as a whole. If the average return of the S&P 500 is 8 percent, your portfolio return should be very near 8 percent. Of course, if the average return of the S&P 500 is a negative 36 percent, expect that your return is also a negative 36 percent.

You might ask, "Shouldn't my goal be to 'out-perform' the stock market?" That would be nice, but unlikely. Research shows very few mutual funds or individual investors consistently out-perform the



**KAREN  
PETERSEN**

market. In fact, individuals who actively trade mutual funds under-perform passive (buy and hold strategy) mutual fund investors.

To duplicate the stock market return:

- Invest in low cost index funds.
- Dollar cost average (DCA). Automate your investments, and invest the same amount of money each month.
- Buy and hold. Be a passive investor.
- Review your allocation annually; re-balance if necessary.

Adequate saving requires you know how much you need to *not* spend each month.

## 3. SAVE

Adequate saving requires you know how much you need to not spend each month. The important piece here is to determine the amount you need to save to meet your future financial goals; adjust your spending to allow that level of saving.

It may take time to increase your savings; set up a plan to reduce spending and increase savings; adjust every six months until you meet your savings goal.

Saving is probably the most difficult part of the three fundamental principles. It is also the most important step to begin today.

Adopt these three fundamental principles ... because life is more than money. ♦

*Karen L. Petersen, CFP® CDFA™, is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.*

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# Time for a change? Rejuvenate your look

BY MARY CLARE LOKKEN

With warmer weather and brighter days, spring is the perfect time to rejuvenate your appearance with new hair color, hairstyle, makeup, skin care, nail colors and nail care.

We need to refresh the colors in our lives. Your look should update, not just because the fashion and beauty world says so, but because it enhances our self-esteem when we look better and feel a fresh difference.

So what's new this spring? In the beauty industry, we always start with hair color because it sets the stage for everything else.

Recall ombre, where hair was lighter at the ends than the rest of the hair. Now there is re-ombre or reverse ombre, when the hair is darker at the ends. Jessica Simpson is sporting this look.

Spring is the time for your color to be a bit lighter and brighter to go with the spring season — the spring green grass and those first spring green leaves. Just like nature, we need to feel new again.



MARY CLARE LOKKEN

Next is the haircut. Some stylists say this should come before color, but industry experts now say the color is the key and the cut is the finish. Long flowing locks continue to be stylish, but for those who seek flexibility or have no way of growing their hair to that length or thickness, extensions are essential. Clip-on bangs can give you the first lady's new look without cutting your hair.

Short styles are cropping up again. They always come with the spring and summer because they are easier care. I know the gals with long hair say long hair is easier, but then they often just twist their locks into a banana clip, and that's no style. Short styles, cut correctly, can be flexible and easy to finish. Where to wear that ragged part today — left, right, middle? Flat or faux-hawked? Asymmetrical by just putting some hair behind one ear?

Makeup changes with the lighter and brighter colors in spring fashion. Lips or eyes should be the focal point, but not both at the same time. Choose where you want others' eyes to look first. If eyes are the key to the soul, select beautiful eye shadows and liners. If you want watchers to see and hear your words, go for the newest lip colors and liners.

Don't forget that warmer weather affects your skin. I always remember

what my skin felt like in the winter in Tampa or Hawaii. It was dewy, not dry, and I could drop my heavier moisturizer. Lighten up but be careful if the drought continues because summer could be drier than normal. Keep lips moisturized as well.

Nail care for hands and feet should be year-round, but we need to focus on both with the open-toed shoes and sandals. These features finish off your look and should never be ignored. Plus a mani-pedi just feels good.

Nail colors continue to be celebrity-sponsored, so watch for the who's who of the music, movie and television worlds to have their own color looks.

Take stock this spring of your personal sense of style, and do what makes you feel great with any or all of these changes in fashion. ♦

*Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at [MaryClareLokken@aol.com](mailto:MaryClareLokken@aol.com).*

We need to refresh the colors in our lives. Your look should update, not just because the fashion and beauty world say so, but because it enhances our self-esteem when we look better and feel a fresh difference.





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fitness | ON THE GO

# Do what you can, where you are

BY DEBRA ATKINSON,  
MS, CSCS



DEBRA  
ATKINSON

Whether you travel frequently for business or are constantly taxiing kids to tournaments, there are simple solutions to exercise, even if you can't make time for the gym.

Exercising on the go is easy with low-cost tools, such as bands and tubing, which are also light-weight, space-saving companions. You could also invest in TRX if you have the space, and gain many more options in return.

If you have only enough luggage space for your shoes and workout wear, however, try these exercises focused on enhancing travel posture and energizing your plans:

**1. Squat on the Clock:** Squat center, then squat crossing right foot to 11 o'clock, squat center again, then squat crossing left foot to 1 o'clock. Repeat for a minute

**2. Dips:** Sit in a chair, then, using your hands for support, slide your hips off the chair. Bend your knees to lift less weight and straighten your legs to do more. Lower and lift yourself by bending and extending your elbows.

**3. Lunge in place:** Perform with hands on your hips or use the back of a chair for support. Switch legs and do an equal number on the other side.

**4. Plank arm raise:** In a plank position, alternately raise one arm out to your side. Keep feet wider than shoulder distance apart for better balance as you raise each arm.

**5. Bridge:** Lie on the floor, place feet up on a chair. Raise hips into the air so you have a line from feet through knees to hips.

**6. Hover:** On the floor on toes and forearms. For variations on this core exercise, alternately bend one or both

These exercises are not extremely challenging, and you'll have plenty of energy remaining for your active day. You'll stretch and release tight muscles from sitting in a plane or car, and activate postural and core muscles that will energize you for site-seeing or sitting on bleachers.

knees.

**7. Modified bent over rows:** Close your suitcase, empty or partially full, and use it for bent over rows, one arm at a time.

**8. Stretch:** Place one foot up on your desk chair. Extend both arms in front of you. Then rotate both arms as far to the right as you can and then to the left. This exercise stretches lower back and hip muscles and activates core muscles.

Repeat this series once or twice as your time permits.

These exercises are not extremely challenging, and you'll have plenty of energy remaining for your active day. You'll stretch and release tight muscles from sitting in a plane or car, and activate postural and core muscles that will energize you for site-seeing or sitting on bleachers. ♦

*Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.*

*Reach her via email at [PTDirector@amesracfit.com](mailto:PTDirector@amesracfit.com).*



## Move of the month



Photo contributed by Ames Racquet and Fitness

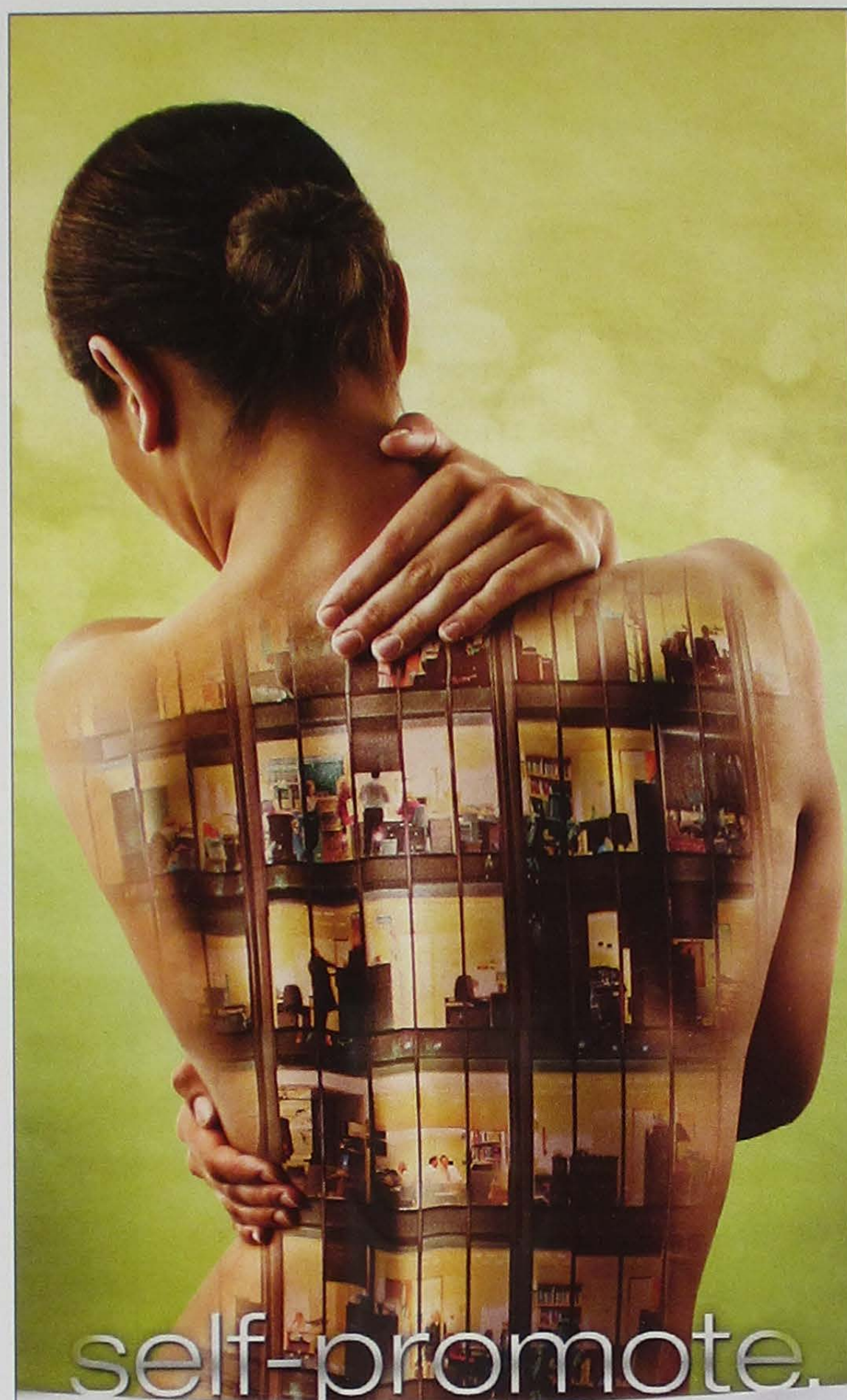
### PIGEON POSE (SHOWN ABOVE)

If you've picked up your outdoor activities your hips will relish in this hip opening and releasing stretch. Runners and bikers alike can find great relief, and perhaps performance, in pigeon pose.

To achieve the position:

1. Bring yourself to the floor on all fours.
2. Straighten one leg and reach it across your body behind you as you move backward away from your hands. Try to keep the straight leg top of the thigh face down.
4. Stretch the chest and sternum forward away from your tailbone, lengthening the spine.
5. Rest and settle into the stretch, allowing the folded hip to stretch and release.
6. Take another breath and look up once again lengthening.
7. Settle into either your forearms as shown, or rest your forehead onto the back of your palms.

*\* Avoid this exercise if it causes stress to the knees or hips. Ask a fitness professional for a modification.*



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# faceted woman | MARIN FELZ

**Name:** Marin Felz

**Age:** 32

**Postion:** Financial advisor for Edward Jones Investments

**Family:** Husband Charles, a local veterinarian; daughter Avery, 5; son Landon, 3; three dogs and a cat.

## What would you do with \$1,000 to spend on yourself?

In order to have fun with this, I'm going to tell myself that my kids and husband also have \$1,000 to spend on themselves. So in that case, with my \$1,000, I would love to pick out a super high-quality push-button espresso machine, then select locally roasted decaf coffee beans to go with it. If I had anything left, I'd try to find the perfect pair of jeans.

## Your favorite motto:

Do the work. So often, we play mind games that get in the way of our confidence, our productivity, and ultimately, our ability to help others. Don't overthink it, don't second guess it, just do the work.

## What makes you happy?

Very simple things, little things, make me happy. I find them all around me every day. Going for a run and catching a beautiful sunrise; pushing my children on swings; sitting with the whole family and all three dogs on the same little sofa; watching cardinals at our bird feeders; really good coffee and really dark chocolate; helping someone. I've heard you should fill your "jar" with the big rocks first, and then add all the little ones. I'm blessed to have all the big rocks already in my jar, and that's made me a truly happy person, and has opened me up to receiving little gifts of happiness in everyday life.

## What makes you feel confident?

A good, hard workout. I've always been a runner, and at various times in my life also a tri-athlete. Exercise makes me feel strong, empowered, motivated, focused and determined, and those feelings give me confidence.

## What makes you laugh?

My husband, with his quiet yet sarcastic sense of humor, has kept me in laughter for 14 years. And of course, my kids. At ages 3 and 5, they say and do some of the funniest things.

## Best tip to look and feel great:

Eat fresh and exercise. Try this combo for two weeks, and I wouldn't be surprised if you felt better all around.

## How do you take care of yourself financially?

I set a budget for the basics, and then set saving and spending goals. I've found the key is to write it all down and continue to monitor the progress.

## How do you reward yourself?

I love sweets, but am less likely to buy them for myself. Luckily, my husband never hesitates to sneak into my office with a delicious slice of cake, or dark chocolate when he knows I've been working hard and deserve a treat.

## My simplest pleasure:

Being in nature with my family. I love to go for walks in the woods and play in rivers. There is so much to discover, to take in, so many little surprises, and its especially miraculous to take them in with your children.

## When I am an old lady:

I hope I will be next to my old man surrounded by family, in good health, and even better spirit. I hope we will be content, at peace, and with no regrets.

## What financial advice would you give other women?

Take responsibility for your involvement in decisions about a budget, a savings goal, and debt (whether that be the plan to repay existing debt, or the decision to take on more debt). I was 12 years old when my father passed, and through that experience, my mother instilled in my sisters and me how important it is that we are able to understand and manage our own finances. I continuously have looked back on my mother's strength in that moment and asked myself whether I would be able to manage my family's finances. If your answer would be "no," then start asking questions. ♦



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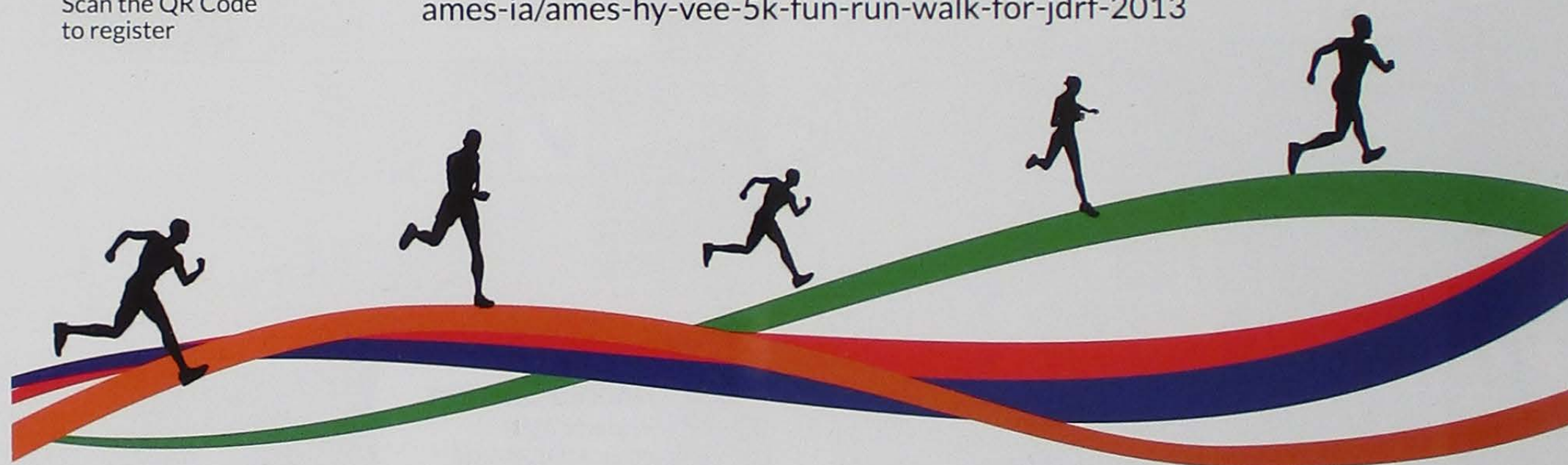
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